

# Mostly Breastfeeding



## Mom's Food Package\*



Ask your  
WIC clinic  
about possible  
choices.

### EACH MONTH **YOU** WILL RECEIVE:

Skim, ½%, 1% or 2% Milk	5½ gallons
Breakfast Cereal	36 ounces
Juice Concentrate (frozen or shelf stable)	3 11.5 to 12-oz. containers
Eggs	1 dozen
Canned Beans	4 14-16 ounce cans
Peanut butter	16-18 ounce jar
Whole Wheat Bread, Brown Rice, or Whole Wheat or Soft Corn Tortillas	16 ounces
Fresh, Frozen or Canned Fruits or Vegetables	\$10.00 worth

\*Moms who are mostly breastfeeding twins, triplets, etc. will get the amount of food in the exclusively breastfeeding package.

## Infant's Food Package



### EACH MONTH **YOUR BABY** WILL RECEIVE

#### When your baby is 0-1 month old:

Formula Up to 1 can of 12.9 ounce powder\*

#### When your baby is 1-3 months old:

Formula Up to 4 cans of 12.9 ounce powder\*

#### When your baby is 4-5 months old:

Formula Up to 5 cans of 12.9 ounce powder\*

#### When your baby is 6-12 months old:

Formula Up to 4 cans of 12.9 ounce powder\*

Infant Cereal 24 ounces

Baby Fruits &  
Vegetables 32 4-ounce jars

\*All formula amounts are approximate and will vary by size and type of formula used.